

# LCN Connections

## The Monroe Institute Local Chapter Network

### The Way of Loosh Dialogue: An Invitation to the Practice of Love in Berkley, CA

May 2014

#### Issue 11

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I am so delighted to introduce you to Jonathan Wanlass, a consciousness explorer I first met at a holistic expo about 8 years ago. At that time, Jonathan was saving up to attend a graduate program at the California Institute of Integral Studies in San Francisco. Several years later, he contacted me again because of his stated intention to become a workshop leader. And now his intention has come true!

I am so pleased that Jonathan has created some-

thing new - based upon Robert Monroe's Loosh, or the emotional output of the human energy field.

Emotional energy or

**To "loosh" (verb) is consciously to put into practice the art of emotional intelligence, the art of loving and being Love.**

"loosh" (noun) as Consciousness Explorer Robert Monroe called it, fuels every thought, action, and experience that

we as humans participate in. Loosh Dialogue is the interpersonal practice of experimenting with this energy, to express it, to refine it, to bring more awareness to it, to most of all consciously participate in one's own reception and emanation of this co-created energy, whose most pure form is love.

To "loosh" (verb) is consciously to put into practice the art of emotional intelligence, the art of loving and being love(d).

Cont. Pg. 7

### EnergyBody - A TMI Residential Program

The EnergyBody program is guided by Patty Ray Avalon, MFA former graduate and faculty member of the Barbara Brennan School of Healing, and Residential Facilitator at TMI for the past 14 years.

We are living fields of pulsating, vital, ever-changing energy and intelligence.

This means that we are always changing, always evolving into something new ... every moment of every day of our lives. Why not consciously choose the forms, directions and experiences we wish to grow with by working with the intelligence in our human energy field, or energy body?

*Program dates  
July 5th-July 11th*



In this course, you can move into a new experience of your expanding human potential by enhancing your personal energy system also known as your Energy Body.

#### *You will:*

- Explore the purpose and meaning of light-energy-

consciousness in expanding our human potential.

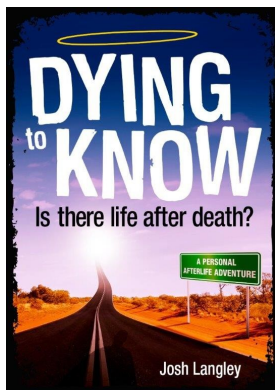
- Learn ways to increase the light within your being and understand how more light, more energy and higher vibrations enhance your life and increase well-being.
- Learn to activate and focus your energy and intention for rejuvenation of your body mind and spirit.
- Practice out-of-body exploration with guided meditations and energy enhancing exercises.

We can discover how to tap into our potential for wholeness and vitality as energy beings.

#### Special points of interest:

- Dying To Know - Pg. 2
- ICU Angel - Pg. - 3
- Participate in TMI Research - Pg. - 6
- Channelling Messages. - Pg. - 9
- Judging Others - Pg. 9

## Dying To Know - Josh Langley



Josh Langley wants to know the answer to that age old question "Is there life after death?"

Many of us are probably curious about this also so with that in mind I grabbed a copy of his new book "Dying to Know" and prepared myself to find some answers.

To give himself the best chance of finding this answer, Josh undertakes quite a few challenges including seeing some mediums, checking out behind the scenes of a funeral home, ghost hunting, meditation and many, many more, all of which he documents in this book. So what inspired him to go on this journey?

He tells us that he was always a curious child, but living in house that had its own spooky goings on certainly would have fuelled that fire. Josh was brought up in a rather open household, with a very open mind and was allowed to explore what he wanted, and with a life surrounded by ghostly visitations, séances and messages passed on from loved ones, it's no wonder his interest was piqued.

The first chapter of the book starts at the funeral home and crematorium. I found this chapter a bit confronting but only I think because I had lost my mother last year. But I think that Josh handled it nicely and even though it was quite stark in the way he described it, which was just the way it is, he counteracted this with his own compassion and grief to bring that touch of humanity to an otherwise stark environment. Probably a good place to start as

when we die that is generally the next place that we go.

Chapter 2 covers a topic that fascinates me and that is reincarnation. With his visit to a past life regressionist I loved reading the different 'lives' of Josh's that came through and how they connected with his current life now as in knowing his partner before. This is something that I have intended doing myself one day and reading Josh's results

**"He tells us that he was always a curious child...."**

have just made me want that even more.

He visited many mediums for the answers in this book and I loved seeing the different results from the different mediums and how some actually came through with the same information. Learning to be open minded in a situation like this I think is hard, especially when you are going in expecting to hear from a particular person and that person doesn't come through.

The physical medium was a very interesting story also, with some suitably creepy results. He covers many other topics in this book like Out of Body Experiences, Transfiguration boxes, his own mediation contact with loved ones and of course the one that interested me the most his own ghost hunt. The spiritualist church made me smile and again is another area I would love to investigate.

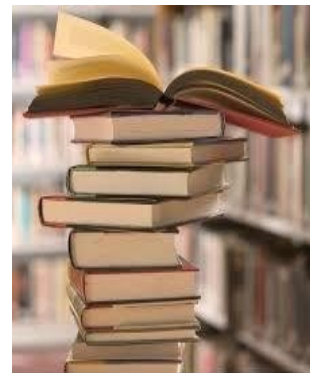
I found the ghost hunt interesting as that is a passion of mine and after reading this chapter all I want to do is now go to this location. The experiences were ones that I have had several times so could relate exactly

to how he was feeling.

The thing I loved in this book was the synchronicity, when Josh had a thought about a challenge that he would do, somehow, something or someone would appear that would make that possible instead of the hard journey it could have been. Including but not limited to a very expensive US course that suddenly did a retreat in Australia. Much cheaper and accessible than flying overseas and lovingly timed so it could be done for his book. They do say the right people will turn up at the right time. What was also great was to see Josh willing to spend his own money on doing as many different courses and exercises to get the most broadest possible result and answers for this book. He really did try as many ways as possible to find his answer and I appreciated the effort in doing that as with any scientific experiment to find answers, every avenue must be explored.

There are now quite a few new things out there which I am going to be exploring and looking at doing to increase my knowledge of this afterlife and the spirits we deal with. I really enjoyed reading the book and managed to do it in a couple of hours much to hubby's surprise. The way the book ended had me a bit teary I'm not ashamed to say and really shows how we all end up full circle in the end. I give Dying to Know 4 out of 5 orbs!

*Amanda Maloney, Paranormal Researcher, West Coast Paranormal.*



## ICU Angel - Laurin Bellg, MD

*In our three-hundred-bed Midwest hospital, the Intensive Care Unit typically receives trauma victims from all kinds of accidents. However, two winters ago, injured family members from a very bad automobile accident were rushed to our hospital. Their car had hit a patch of black ice and had run off the road while returning home from an evening event. The driver of the car was not speeding, no one was intoxicated, and the children had all been safely buckled in. It was just a freak accident, a freak encounter with black ice. But, all three children, two boys and a girl, were killed. The father, also the driver of the car, was hospitalized with minor injuries. The mother, in critical condition, was transferred to our ICU.*

Our telemetry center monitors the data of each ICU patient, and their video screens display what is happening in each room. The telemetry technician, also a nurse, is responsible for monitoring patient data and observing everything that occurs. After this mother was transferred to our ICU, the telemetry tech noticed something unusual on her room's monitor screen around

1:00 in the morning. She saw a little boy wearing a baseball cap standing next to the nurse who was working in her room.

So the tech spoke to the nurse over the intercom, "There's a little boy in there with you." The nurse in the room looked around and replied, "No, I'm in here by myself; it's just me and the patient."

Then another nurse walked up to the telemetry center and also saw the little boy with a baseball cap on the screen. More than a little puzzled, one of these nurses went quickly into the patient's room, only a few yards away. Sure enough, no little boy could be found. The nurse caring for the patient, also dumbfounded, had not seen the little boy in the room either. As soon as both nurses returned to the telemetry center, they could see the little boy on the monitor.

So other nurses and staff started to gather inside the telemetry center and witness this mystifying event. Over a period of the next six hours

up until the shift change occurred that morning, the little boy disappeared and reappeared on the monitor screen about half a dozen times. Sometimes, even when the nurse went into another room to care for a different patient, the little boy stuck by her side and followed her.

Shortly after this incident began, the nurses heard from a respiratory therapist who had helped in the emergency room after the ambulances arrived with this family. All three children had been pronounced dead upon arrival; one of boys killed in the accident had been wearing a baseball cap.

*Cont. Pge.5*



Laurin Bellg, MD

## TMI at a Hospital - Shannon Chanler

I just wanted to share with you! The shadow box I made for our waiting room at Rochester General Hospital Cancer Center. The spoons bent last spring at the professional meeting have been on display for a year. The description is: "This is flatware bent with the intention of the mind by my friends / colleagues at the Monroe Institute in Faber VA. If you mind can influence metal, can you mind also help you heal?" Thank you to my TMI friends that made this possible.

Shannon Chanler -acupuncturist  
[Shannonchanler@gmail.com](mailto:Shannonchanler@gmail.com)



# LCN Chapter Directory - US Regions

Don't wait for the  
**perfect moment**  
take the moment  
and make it  
**perfect.**

## Region 1 – New England

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## Region 2 – Northeast

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## Who Can Start a Local Chapter?

Attendees of a two-day Excursion Workshop or a six-day residential program at The Monroe Institute (TMI) are eligible to start a Local Chapter (LC). You will work with the Regional Coordinator in your area to help you get started. They will support you in establishing a local network regardless of your experience.

To get started email

[tmilcnglobal@gmail.com](mailto:tmilcnglobal@gmail.com)

## Region 3 – Mid - Atlantic

### *Charleston, WV*

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### *Lynchburg, VA*

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[Meetup Group Link](#)

"At least once a day, allow  
yourself the freedom to think and  
dream for yourself."

*Albert Einstein*

## CCL – Certified Chapter Leader      CL – Chapter Leader

## Region 4 – Southeast

### *Amelia Island, FL*

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Contact: Candie Sanderson  
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YOU CAN'T START  
THE NEXT CHAPTER  
OF YOUR LIFE  
IF YOU KEEP  
RE-READING  
THE LAST ONE



## LCN Chapter Directory - US Regions (cont)

### Region 5 – Upper Midwest

#### *Appleton, WI*

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[Meetup Group Link](#)

#### *Cincinnati, OH*

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#### *Columbus, OH*

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#### *Detroit, MI*

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#### *Fond du Lac, WI*

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#### *Minneapolis, MN*

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#### *Muncie, IN*

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#### *Woodridge, IL*

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Fear and dislike of  
being judged  
almost always arise  
from a place of  
judgement, dislike,  
and non-acceptance  
of yourself.

Extract from Windows to the  
Soul

[Yvonne Banks-Martin](#)

Published by [Mystics of the  
World](#)

### Region 6 – Southwest

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"Imagination is the beginning of creation. You  
imagine what you desire, you will what you  
imagine, and at last you create what you  
will."

George Bernard Shaw

## ICU Angel - Laurin Bellg, MD cont. from pge. 2

So naturally, the nurses started to wonder, "Is this the ghost of the little boy who's watching the nurse take care of his mother?"

So it became poignant; it became sweet; it became fascinating. Five nurses – some of them very skeptical, non-believers and non-embellishers – were able to see the boy on the monitor but not in the room. I know one of the first nurses who saw the little boy quite well; she is a huge skeptic

of anything that she cannot see with her own eyes. She's a no-nonsense nurse who is all about trauma and no fluff. I've known her for years, and she'd be the first one to say that ghosts don't exist. However, she was also one of the first nurses to see the boy that night. And, rather than thinking of this child as a ghost, I prefer to think of him as an angel – a sweet, little boy angel looking after his mom at a time she needed him most.

This story was published in 2012 as part of a collection in a book titled *Our Children Live On: Miraculous Moments for the Bereaved* by Elissa Al-Chokhachy, a hospice nurse and other of many such collections of inspiring stories of how the soul survives. Her book is available on Amazon.

Laurin Bellg, MD

LCN Leadership Council

# LCN Chapter Directory - US Regions (cont)

**"When you think everything is  
someone else's fault you will  
suffer a lot"**

**Dalai Lama**

## Region 7 – Midwest

### Region 8 – Rocky Mountain

*Crawford, CO*

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*Phoenix, AZ*

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[Meetup Group Link](#)

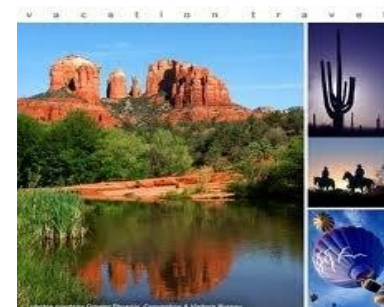
## Region 10 – Pacific Northwest

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## **CCL – Certified Chapter Leader CL – Chapter Leader**

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**"Gratitude is the sign of  
noble souls" Aesop**

## Participate in Research at TMI

TMI is currently in the process of embarking on new research around the SAM technology and is looking for volunteers.

Initial projects will likely consist of listening to a SAM download or placebo control and submitting your experiences and findings to the research department.

If you are interested please contact James D. Lane, Ph. D, TMI's Re-

search Director at  
[jim.lane@monroeinstitute.org](mailto:jim.lane@monroeinstitute.org) to become a part of this and future exciting projects.



*Jim Lane Ph.D.  
TMI Research  
Director*



Everything flows through this process and from it, all genuine dialogue is loosh dialogue and all authentic contact is an expression of loosh. In reality loosh is the process and the expression—they are one and the same. To loosh is to be aware. To simply be. To experience what is. To be both the expression and the container. To surrender ideas and ideals of freedom, in order to be free—free to be a conduit of experience and a vessel for creation. So what is taken from this process IS the process...so this process must be experienced in order to understand.

Therefore, the Loosh group experience is a dialogue of emotions, utilizing inner and interpersonal exercises and experiments to evoke the flow of loosh energy. To put another way, Loosh Dialogue is an experimental form of psychological play and exploration designed to amplify our production of distilled loosh or love +.

Jahan Khamsehzhadeh, PhD candidate at the California Institute of Integral Studies and long time par-

ticipant in Loosh Dialogue has this to say about his experience: "Being in a group with Jonathan Wanlass shines as one of the most enriching, transformative, and meaningful experiences of my life; the group he facilitated utterly changed the way I experience myself, others, and the world. For three years Jonathan safely led the group deeper, gradually leading us into our depths—guiding us into becoming more whole than ever. The group initiated me into parts of myself that I was not aware of. Jonathan Wanlass is a skillful and gentle facilitator, whose care I rarely see equaled."

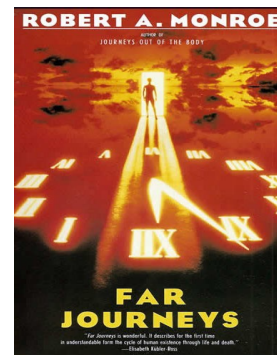
So if this sounds like something you might enjoy and grow from, please join Jonathan on select Friday or Saturday evenings in Berkeley, California. The introductory events are free but donations will be accepted/requested at the event to help cover the cost of renting the space. If you have a backpack or a cushion, feel free to bring it to sit upon as the group will spend sometime sitting on the

floor. If you have any questions please feel free to contact Jonathan via email at

[mindventure@excite.com](mailto:mindventure@excite.com).

P.S. Jonathan requires participants to sign a RELEASE FORM and RULES AGREEMENT FORM prior to or at the event.

**Kathryn Streletzky**  
*Outreach Facilitator*  
*The Monroe Institute*



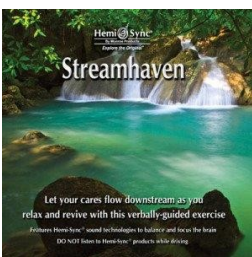
*In 2012 Nexus Magazine published the following article.*

*Far Journeys - The Mystery of Loosh*

*Nexus Magazine Feb—Mar 2012*

[CLICK HERE](#) for article

## Hemi-Sync® CD - Streamhaven



Let your cares flow downstream as you relax and revive with this verbally-

guided exercise

This simple yet beautiful verbally-guided exercise offers a peaceful and refreshing respite from ongoing daily activities. Soothing live stream recordings combined with

Hemi-Sync® frequencies create a sanctuary for a quiet retreat to use whenever you need to create some special time for yourself.

Track 1 is verbally-guided; Track 2 is a non-verbal 30-minute free flow for you to use anytime, or to extend your stay in the stream.

Created and voiced by A.J. Honeycutt.

Total length: 60 minutes.



*A.J. Honeycutt is the stepson of Robert Monroe and serves as the president of Monroe Products.*

*He has shared the story of his journey in creating "Streamhaven" on page 8.*

# LCN Chapter Directory - International Regions

## International Region 1 – North America

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## International Region 2 – Latin America

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### *Mexico,*

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### *Rio de Janeiro, Brazil*

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### *San Juan, Puerto Rico*

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## International Region 3 – Europe

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## The Making of Streamhaven - A.J. Honeycutt (see pge 7.)

The motivation and essence of *Streamhaven* was borne out of a brainstorming meeting in the spring of 2013. The focus was to develop audio exercises to address today's fast-paced world where everyone is pressed for time: I thought about the commuter, the lunch break, the carving out some time with an audio player...about a half an hour is all you get at times. How can we effectively detach in such a way where we can rest for a while? What is that environment like? Can we accomplish it in a 30-minute meditation? We believed so, and to

that end *Streamhaven* was created. During this time I was writing about childhood memories as well, and there was a creek that I would visit regularly, just to listen to it. It was transporting – the perfect vehicle. To help create the proper environment for this project, the digitally-recorded stream is from a very special place in Virginia, where the idea and reality of the confluence of two rivers is present, and there actually is that perfect spot for everyone. The stream sounds enable release and relaxation, while carefully blended

Hemi-Sync® rhythms provide for a quick respite, leaving you refreshed and aware at the end of the exercise. The simple affirmation allows you to go to the spot that you have established, when you need it, and realize the same ease without actually having to hear the exercise. It's remarkable. The second track (*Streamflow*) was designed for relaxed "free flow" listening, when you have more time, or if you only want to hear the sound of the stream.

*A.J. Honeycutt.*

*President Monroe Products*



# Channelling Messages - Candie Sanderson



I attended Lifeline in late July of 2013. Throughout the week, I discovered there were many like me—attending Lifeline because of its prerequisite requirement for

Exploration 27 and the following Starlines programs. As is common with many programs at TMI, things happen for a reason and doors open, quite often in an unexpected manner.

Although only attending Lifeline in order to progress to Exploration 27, I left the program a changed person. In the first retrieval lesson, I was able to obtain very specific information from the “newcomer” we were instructed to help guide to Focus 27. I not only received his first name, last name, city and state, but I received the name of his place of business as well. Even for a “believer” as myself, I was somewhat amazed at the accuracy of the details given to me. I received similar validations for the next five or six retrievals. Eventually, I realized I did not “need” the validation, and I no longer asked for that information, but focused my energies on the retrieval themselves. After returning home from Lifeline, I

began receiving unsolicited “downloads” of information. I have been asked to share some of channeled messages in our newsletter. It all began with the following, as I was driving the 10-15 minutes to work. It has been quite a journey and experience for me and I am honored to share it with you.

## ***Flower/Flow-er: 08-28-13***

*While I was driving to work, I started receiving information about a flower and how a flower was a flow-er of information. I can still remember the message coming in. I quickly grabbed for my phone in hopes of recording the message. I didn't want to lose any of the information, for it seemed quite important. My phone wasn't readily available for me to retrieve—especially since I was driving, so I just listened and hoped I would remember it. Once I got to work, all of it came back to me in perfect clarity.*

*I was told that when you look at a flower, it is at its peak when it is open. A flower is a flow-er. Just like humans, when one lets the energy flow, then they are open to growth and reaching full potential. A plant draws its energy from deep in Mother Earth and ascends to Father Sky. When there is this perfect connection, this perfect union between Mother Earth and Father Sky, then the plant's energy is in*

*perfect alignment. Its energy is flowing and there are no blockages. It will then burst forth from its current existence and produce a perfect blossom, a flower. The flower is a result of the flow-er of energy, that is, the plant itself, when it finds itself in perfect alignment with Source.*

*As with plants, humans need to let their energy flow, then they are open to growth of potential that is beyond their wildest imagination. The result is a perfect, flower—beautiful, functional, multifaceted. Let us all be flow-ers of energy, with no blockages.*

*Once at work, as I walked towards my building, I was drawn to the most stunning bud on a Royal Poinciana tree. I have walked past this tree for months, but paid little attention to it. I stopped and was filled with gratitude as I admired the beauty of the bud. I smiled and gave thanks to “them” who were giving me the message, for I knew “they” were the ones who also drew my attention to the beautiful bud which was working its way to becoming a full blown flow-er. I felt honored to have received their beautiful message. Little did I know that this was just the beginning!*

***Candie Sanderson, LCN Leadership Council, Naples, FL***

## Judging Others - BASHAR

***From a session of questions asked of BASHAR who is channeled by Daryl Anka.***

Q: Sometimes when I'm alone, I feel everything wonderful about me. I mean, I feel the powers and I feel clear...

B: Yes.

Q: ...and then I open the door of my house and I walk outside, and I feel affected by everybody else's reality.

B: May I make a suggestion?

Q: I would like that.

B: Recognize you are never outside, EVERYTHING you see is from within, everything. It is your entire house and you have decided to co-create it. If you wish to give your power away to someone else and assume that *their* projected reality has more validity than the one you prefer, so be it. But that comes from within and it is a self-judgement; and it is your opportunity to recognize that you do not have to judge

yourself so harshly.

Q: Well, I'm not happy with that, I mean I....

B: You are not happy with yourself?

Q: I'm not happy, I mean people around me... there are some people that I don't like and I'm not....

B: Why? Do they exhibit things that you do not like within yourself?

Q: Perhaps, I haven't thought about that, in that way.

Cont pge. 11

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**I am not what happened to me**

**I am what I choose to become**

*Carl Jung*

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## LCN Membership Discounts

\$300 off one Residential Program annually for Regional Coordinators.

\$200 off one Residential Program annually for Certified Chapter Leaders.

\$100 off one Residential Program annually for Chapter Leaders & Co-Chapter Leaders.

*Please note these discounts only apply to 6 day residential programs and are only available at TMI Virginia & TMI organized programs in California.*

## TMI Program Schedule

Are you are interested in participating in one of the 6 day residential programs at TMI?

Full details of programs held at Virginia, across the US and around the world are located on the TMI website at the following link:

[Program Schedule](#)

Human consciousness is evolving, awakening to the discovery of Self. All of us are participants in the evolution of consciousness, the next great leap for humanity.

We perceive ourselves to be more than just our physical bodies. We are connected to the universe through

nonphysical dimensions and a holographic matrix of timeless information. Life itself is not something physical and death something spiritual.

**"Human consciousness is evolving, awakening to discovery of Self"**

For us, life's experiences have taken on a new significance. We marvel at the wonder of an emerging perception of reality that has been here waiting for us to realize all along.



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## Judging Others - BASHAR (cont. from page 9)

B: Recognize this idea, as long as you choose to judge another individual's method of learning what they have chosen to learn, you will be attaching yourself to that mode of learning and becoming the same vibration. "Judge not lest ye be judged," does not mean that you are being judged from someone else outside, it means, as you tune into the vibration of invalidating another's path, you invalidate yourself. And you attach yourself *immediately* to that type of a scenario and so feel that same wave vibration.

By simply recognizing that you know what you prefer and that what you see *around* you is simply an observation of what others have chosen for themselves, then that allows you to know that even though you can observe it, it does not affect the vibration you chose to be, unless you chose to let it and create to for yourself. You can **ONLY** experience someone else's vibration when you choose to create your own version of

it for you, that is the only way you can experience anything. You must chose to create it for yourself by becoming the same idea. And that is why you feel it, because you are judging it.

Q: I don't enjoy it at all.

B: Then don't recognize the vibration as anything that has to do with *your* reality. Understand, you are making the assumption that enjoying something or not enjoying it is something you have no control over. But you are choosing your point of view. Understand the difference between judgment and preference.

Judgement is the invalidation of what you do not prefer. Preference is simply recognizing what is true for you, and by being that vibration and allowing equality for all other choices. Then you will be allowing yourself to experience the support of All That Is in granting you the right to feel as you do, within the vibra-

tion you have described and defined yourself to be. You will never feel the effect of anyone else's choice. Only by making an attachment to them do you identify with them and create that vibration for yourself. That is the only way you can create a lack of enjoyment, by creating the vibration for yourself you see in them. Just because they are doing it doesn't mean you have to feel it. You follow me?

Q: Yes I do, thank you.



*Darryl Anka*  
<http://bashar.org/>

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For previous issues of LCN Connections [CLICK HERE](#)

### *LCN Mission Statement*

*The Mission of the Monroe Institute Local Chapter Network is to establish independent local communities that will provide continuing support for program graduates as they endeavour to integrate their TMI experience into their daily lives and continue their exploration of consciousness and personal growth.*

*The Local Chapter Network will also provide a point of contact for others wishing to learn more about TMI and its programs.*



The Monroe Institute Local Chapter Network

*Networking and Connecting Individuals & Communities*

## Submission Guidelines to the LCN Connections

1. Do you have a story to tell that the LCN community would enjoy or have read a great book you would like to tell others about?

3. Would you like to advise the LCN Community about your Workshop?

Send your submission to

The Editor LCN Connections

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•Information about workshops and other special TMI events, including local chapter meetings, Excursion Workshops and TMI Residential programs will be disseminated in a neutral and non-partial way by the LCN Leadership Council, for the pur-

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